

Mike Kontrelos

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Academic Success Summer Activity. Name _____ date _____

Academic success is only a part of the high school experience, but it is a big part and a valuable part! This class will teach you organizational and time management skills, provide transitioning to college, career and work force planning, and develop your leadership, self-advocacy, social and academic abilities.

One simple way to start this process is to develop SMART Goals for anything you want to achieve!

A S.M.A.R.T. goal is defined as one that is specific, measurable, achievable, results focused, and time-bound.

SPECIFIC=Goals should be simplistically written and clearly define what you are going to do.

MEASURABLE=Build in short-term or baby steps to reach the BIG goal

ACHIEVABLE=Goals should be challenging but defined enough so they can be achievable.

RESULTS-FOCUSED=Goals should measure outcomes, not activities (those are the steps to get to the goal).

TIME-BOUND=Goals should be linked to a time frame that creates a practical sense of urgency.

YOUR SUMMER TASK is to list three or four goals you want to accomplish over the summer in the space below (they can be personal, professional, school or relationship related....whatever is important to you at this time). Narrow your goals to ONE choice and use the SMART goal worksheet to help you. You can keep a reflection journal (for extra credit!) to monitor your progress. Goals are not always met the first time, so I challenge you to reach inside yourself to find an important one, and, using the SMART goal worksheet, try to make it a reality!

Good luck and I am excited to see your efforts and results in August!

SMART Goals Worksheet

This worksheet can be used to develop clearly defined, effective goals.

S	Specific What am I going to do? Why is this important to do at this time? What do I want to ultimately accomplish? How am I going to do it?
M	Measurable How will I know that I have reached my goal?
A	Attainable Can I see myself achieving this goal? Can I break it down into manageable pieces?
R	Realistic Is the goal too difficult to reach? Too easy?
T	Timely What is my target date for reaching my goal?